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Brain Boosting II

A major problem causing memory loss in adults is the age-associated decline of the brain's free-radical-quenching (or antioxidant) abilities. Free radicals are the by-products of metabolism, especially that of oxygen. One of the more powerfully-damaging free radicals bringing memory loss is the hydroxyl radical. As mentioned in an IOD Lead, too much total body iron can stimulate this bad free radical. Any adult with memory loss should have a serum ferritin blood test and get treatment if it is over 200.

Oxygen-rich tissues—such as in brain—generate more free radicals than other tissues. Studies show that the aging brain has a massive increase in DNA damage from free radicals, and also a great decline in the natural antioxidants that protect from such damage in youth.

For example, Co-enzyme Q 10 (CoQ10) is very protective of the brain DNA, as is the brain hormone, melatonin. Both drop off markedly in brain concentration after age forty years. E

CoQ10 is taken a least 100mg once daily with your vitamin E and food, and any other nutrients you take at that time.

Melatonin is best in its sublingual form which requires it to be placed under the tongue. Take it only after dark, say near bedtime, in a dose ranging from 1 to 3 mg. Its actions as a sleep aid and calmative have been well publicized, but its powerful action as an antioxidant and cancer protective is very underrated. It will work better after two to three nights of taking.

Another reason for a drop in brain function is the free radical attack on dopamine, a key brain chemical, or neurotransmitter. **Vitamin C** is helpful in protecting against this and is the only vitamin actively secreted into the brain by the human body. In fact, the body concentrates vitamin C into brain tissue at 100 times the concentration in the blood.

Take 3,000 to 6,000 mg of vitamin C daily, split into two doses. The late Dr. Linus Pauling a two-time Nobel Prize Winner, devoted his life to scientifically demonstrating the many benefits of daily vitamin C supplementation. Iron overload disease patients should not take high doses of vitamin C—only about 500 mg daily.

Many neuroscientists believe that the ubiquitous sweetener, aspartame is neurotoxic and may be adding to the expected increase in deteriorative brain disease. It is found in most diet drinks and other sugar-free products.

Dr. Lester Packer, and expert in membrane biochemistry, sees **alpha lipoic acid** as one of the best anti-oxidants to take. I would recommend adding this to your brain program, 100 mg taken twice daily, with or without food. It can be taken with other nutrients.